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ABSTRACT

This learning activity packaage on syncope (fainting) is one of a series of 12 titles developed for use in health occupations education programs. Materials in the package include objectives, a list of materials needed, a glossary, information sheets, reviews (self evaluations) of portions of the content, and answers to reviews. These topics are covered: medical causes of syncope, conditions that cause syncope, symptoms preceding syncope, and treatment for syncope. (YLB)

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LAP *Learning Activity Package*

SYNCOPE

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CALIFORNIA STATE DEPARTMENT OF EDUCATION
Wilson Riles, Superintendent of Public Instruction
Sacramento, 1982

CE033506

SYNCOPE

WHAT IS IT?

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CONTENTS

	Page
Objectives	1
Glossary	2
What Causes Syncope?	3
Review I	4
What Conditions Cause Syncope?	6
Symptoms Preceding Syncope	9
Review II	11
Treatment for Syncope	13
Review III	17

OBJECTIVES:

AFTER YOU COMPLETE THIS LAP, YOU WILL BE ABLE TO DO THE FOLLOWING:

1. DEFINE SYNCOPE.
2. NAME SIX CONDITIONS THAT CAN CAUSE SYNCOPE.
3. LIST THREE SYMPTOMS WHICH MAY PRECEDE SYNCOPE.
4. IDENTIFY SIX METHODS OF TREATMENT FOR SYNCOPE.
5. DEMONSTRATE THE PROPER TREATMENT FOR A PERSON WHO IS ABOUT TO FAINT.

MATERIALS NEEDED:

PAPER AND PENCIL
PATIENT (SIMULATED)
TOWEL
CHAIR
SPIRITS OF AMMONIA (IF APPROVED BY INSTRUCTOR)
WORK SHEET*

*PICK UP A WORK SHEET FROM INSTRUCTOR BEFORE BEGINNING THIS LAP.

GLOSSARY

WORDS YOU SHOULD KNOW:

SYNCOPE	THE ACT OF FAINTING
INSUFFICIENT	LACK OF
TRENDELENBURG POSITION	HORIZONTAL POSITION SO THAT THE HEAD IS LEVEL WITH OR LOWER THAN THE BODY
ACCUMULATE	PILE UP
CIRCULATION	THE MOVEMENT OF BLOOD THROUGH THE VESSELS OF THE BODY
DILATED	EXPANDED LATERALLY
CONSCIOUSNESS	AWARENESS

WHAT CAUSES SYNCOPE?

AN INSUFFICIENT SUPPLY OF BLOOD TO THE BRAIN.

REVIEW I.

WHAT IS SYNCOPE?

_____

WHAT CAUSES SYNCOPE?

_____

DID YOU ANSWER THE QUESTIONS CORRECTLY:

YES? GO AHEAD.

NO? GO BACK AND REREAD PAGES ONE AND TWO.

REVIEW I. ANSWER KEY

WHAT IS SYNCOPE?

SYNCOPE IS THE ACT OF FAINTING.

WHAT CAUSES SYNCOPE?

AN INSUFFICIENT SUPPLY OF BLOOD TO THE BRAIN.

WHAT CONDITIONS CAUSE SYNCOPE?

1. SIGHT OF BLOOD OR NEEDLES

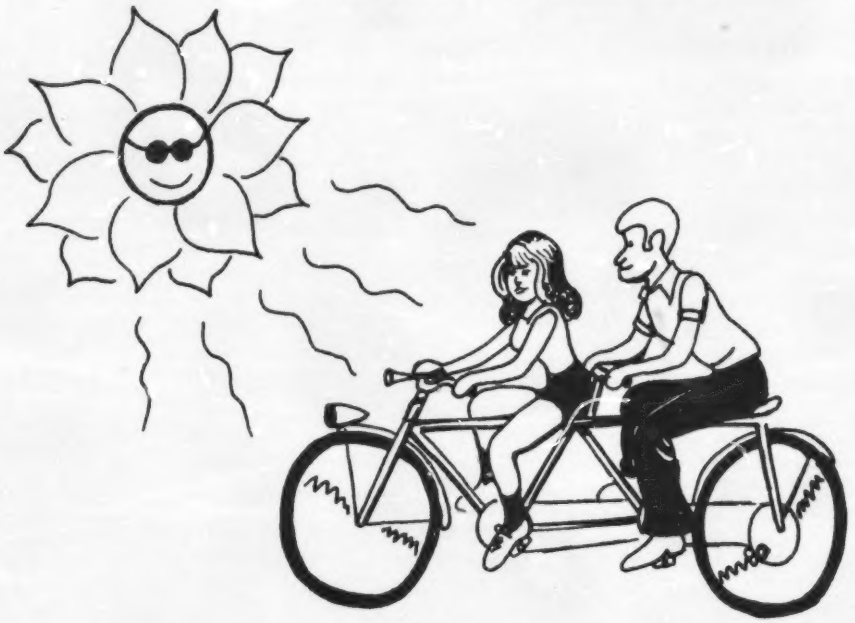
2. FEAR OF PAIN

3. EMOTIONAL DISTURBANCE

4. PAIN

5. DEHYDRATION

WHICH MAY OCCUR IN HOT WEATHER



6. LONG TIME IN AN UPRIGHT POSITION WITH LITTLE OR NO MOVEMENT

SYMPTOMS PRECEDING SYNCOPE

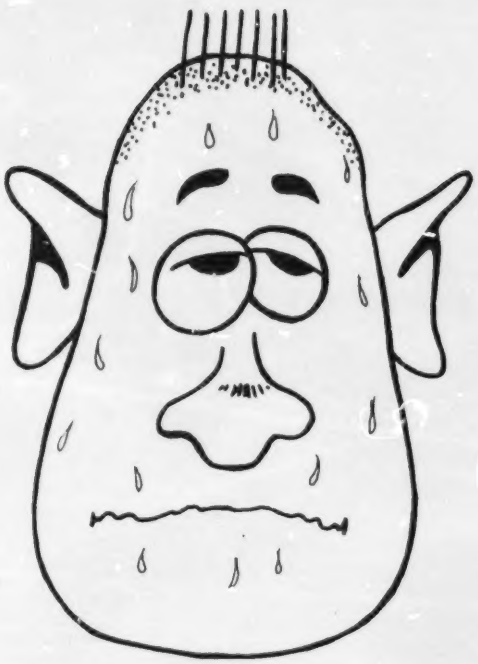
1. FEELING OF DIZZINESS

AND LIGHTHEADEDNESS

2. SKIN IS PALE

COOL

AND CLAMMY.



3. THE PUPILS ARE DILATED.

REVIEW II.

LIST SIX CONDITIONS THAT CAUSE SYNCOPE.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

TRUE OR FALSE

1. PRECEDING SYNCOPE A PERSON USUALLY FEELS DIZZY AND LIGHTHEADED.	T	F
2. THE SKIN IS WARM AND DRY TO THE TOUCH BEFORE A PERSON FAINTS.	T	F
3. PUPILS THAT ARE DILATED IS A SIGN THAT PRECEDES SYNCOPE.	T	F

DID YOU ANSWER THE QUESTIONS CORRECTLY:

YES? GO AHEAD.

NO? GO BACK AND REREAD "SYMPTOMS PRECEDING SYNCOPE."

REVIEW II. ANSWER KEY

LIST SIX CONDITIONS THAT CAUSE SYNCOPE.

1. Fear of pain
2. Sight of blood or needles
3. Emotional disturbance
4. Pain
5. Long time in an upright position
6. Dehydration

TRUE OR FALSE

1. Preceding syncope a person usually feels dizzy and lightheaded. (T) F
2. The skin is warm and dry to the touch before a person faints. T (F)
3. Pupils that are dilated is a sign that precedes syncope. (T) F

TREATMENT FOR SYNCOPE

1. IF THE PATIENT IS IN THE BEGINNING STAGES OF SYNCOPE AND STILL CONSCIOUS, HIS OR HER HEAD MAY BE PLACED IN BETWEEN THE KNEES, WITH HIS OR HER ARMS HANGING LOOSE.

2. PLACE YOUR HAND ON THE BACK OF THE PATIENT'S HEAD AND INSTRUCT HIM OR HER TO APPLY UPWARD PRESSURE WITH HIS OR HER HEAD.

3. SPIRITS OF AMMONIA MAY AID AS A REFLEX STIMULANT.

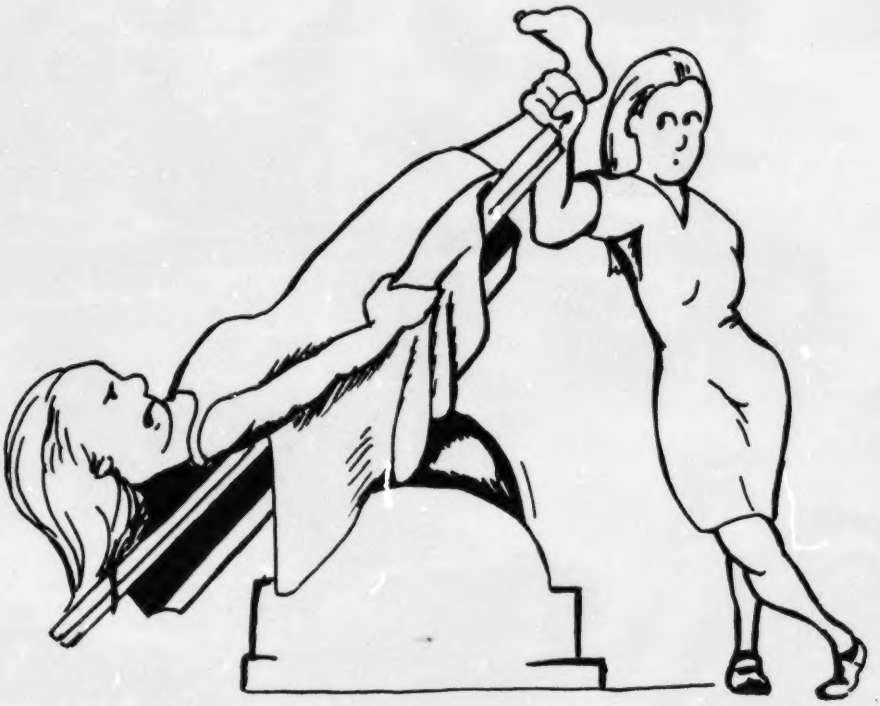
STEP A.

BREAK VIAL

STEP B.

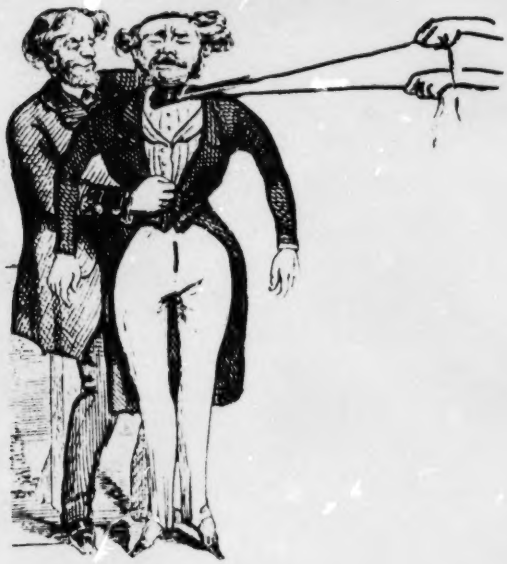
BRIEFLY HOLD IT UNDER THE PATIENT'S NOSE.

4. FAINTING CAN BE PREVENTED OR QUICKLY CURED BY LAYING THE VICTIM FLAT, WITH THE LEGS ELEVATED.



5. A COLD TOWEL SHOULD BE PLACED ON THE FOREHEAD.

6. TIGHT CLOTHING SHOULD BE LOOSENED IN ALL CASES OF FAINTING.



7. MAKE SURE THE PATIENT HAS HAD SUFFICIENT TIME TO ADJUST FROM FAINTING BEFORE HE OR SHE RESUMES NORMAL ACTIVITY.

REVIEW III.

TRUE OR FALSE

1. TIGHT CLOTHING SHOULD NEVER BE LOOSENED IN ALL CASES OF FAINTING. T F

2. SPIRITS OF AMMONIA MAY BE USED AS A REFLEX STIMULANT. T F

3. IF THE PATIENT IS IN THE BEGINNING STAGES OF SYNCOPE, HIS OR HER HEAD MAY BE PLACED IN BETWEEN THE KNEES, WITH HIS OR HER ARMS HANGING LOOSE. T F

4. TRENDELENBURG POSITION IS WHEN THE PATIENT PLACES HIS OR HER HEAD BETWEEN THE KNEES. T F

5. A COLD TOWEL IS PLACED ON THE FOREHEAD OF A PERSON WHO HAS FAINTED. T F

DID YOU ANSWER THE QUESTIONS CORRECTLY?

YES? GO AHEAD.

TURN IN YOUR LAP AND WORK SHEET, AND THEN PICK UP YOUR SYNCOPE FINAL LAP REVIEW FROM THE INSTRUCTOR.

NO? GO BACK AND REREAD "TREATMENT FOR SYNCOPE."

REVIEW III. ANSWER KEY

TRUE OR FALSE

1. F
2. T
3. T
4. F
5. T

Learning Activity Packages
Available from the Department of Education

This learning activity package is one of a series of 12 titles relating to health careers that are available from the California State Department of Education. A student packet and an instructor's packet are published in each of the following subjects:

Blood Pressure
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Grooming
Handwashing Technique
Metric System
Nutrition
Observation of Patient
Oral Hygiene
Shock and Anaphylactic Shock
The Surgical Scrub
Syncope
Temperature, Pulse, and Respiration

Student packets are available at $1.75 each, plus tax, and instructors' packets at $1.50 each, plus tax.

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